Good news for homemakers

Apples, take two

By SHIRLEY W. WALTON
Extension Agent

Apples, An American Heritage

This is part two in a two part article on apples.

Fresh, crisp apples are available at your local market. Can you watch a young boy eat one of these delicious fruits without having your own mouth water? There is nothing quite like the refreshing flavor of a fine apple.

The apple has become a delightful American heritage even though it is not a native of this continent. Like many of the people in this country, the apple is an immigrant from Europe.

The apple is so ancient that the wild form from which it developed has never been found. It is one of the oldest of cultivated fruits and was grown in Greece as early as 600 years before the time of Christ. The wild trees from which modern apples developed probably originated in the mountainous regions between the Black and Caspian Seas in southwest Asia. Large forests of apple trees, showing great variation in fruit characteristics, are found in this area.

The small wild apples were such good food that they were carried by men into Europe before the dawn of modern civilization. The prehistoric lake dwellers of northern Italy and Switzerland used dried apples as an important item in their diet.

Virginia is one of the most important apple producing states in the U. S. The crop is usually in excess of 10 million bushels per year. Over half of this huge crop is processed into applesauce or apple slices, and canned for use during seasons when fresh apples are not readily available.

Apples are among the most healthful of fruits. They are relatively low in vitamins which we hear so much about, but have very unique and outstanding health promoting qualities which no other furit possesses to the same degree.

The chewing of apples clean teeth better than any brush or dental cleanser you can buy. This has been demonstrated in several experiments. Therefore, for a healthful, tooth-polishing snack after school, let the young folks eat apples.

Another important benefit from eating apples is the bulk which is added to the diet. This improves the digestion processes of people of all ages, especially for infants and our senior citizens.

Apples are also excellent for figure watchers. Their relatively low nutrient value is a welcome addition to the menu or snack list for people who wish to stay slim and active.

Apples can be used in many ways to add interest and variety to meals. Start the day right by putting some applesauce in your pancake or waffle batter. It adds moisture, lightness, and flavor which will delight your family. Or, make your pancakes and waffles as usual, but use applesauce on top instead of syrup. It is tasty and less fattening. Fried apples are also an excellent breakfast treat.

Apple pie is always a favorite dessert, but try some cobbler or baked apples for variety. A quick and easy dessert may be prepared from applesauce with a scoop of vanilla ice cream! Regardless of how you use them, apples are good and good for you.

If you have a homemaking question or problem, you may call (352-8244) or write P. O. Box 488, Appomattox, Va. 24522. I enjoy hearing from you.

Have a good week!

Special Announcement

Christmas Open House--November 9 - 13, 1981
10:00 - 4:00 p.m. daily 7:00 - 9:00 p.m. on Tuesday and Thursday nights. District Extension Office Auditorium (next door to the Appomattox Post Office).

RECIPE OF THE WEEK

Apple Cookies

¾ cup shortening
1 cup firmly packed brown sugar
1 egg
1 teaspoon water
1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 cup finely chopped apple
1 ½ cups regular oats, uncooked
½ cup raisins
½ cup chopped walnuts or pecans (optional)

Cream shortening; gradually add sugar, beating until light and fluffy and sugar is dissolved. Beat in egg and water. Add next 6 ingredients, beating 2 minutes on medium speed of electric mixer. Stir in apples, oats, raisins and nuts.

Drop dough heaping teaspoonfuls onto lightly greased baking sheets. Bake at 375° for 10 to 12 minutes. Yield: about 5 dozen. *Note: this cookie recipe can be easily doubled and frozen. Delicious and nutritious describes this easy to bake cookie. Because of requests this recipe is being printed again.

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Photo by Shearer B. Robertson

THE GRADUATING CLASS OF 1941 at the Appomattox High School held a class reunion on October 10 at the Appomattox County High School. Present for the occasion shown above are: (Front row, left to right): Lois Moss Carter, Edythe Schutt Martin, Martha Martin Gulli, Mattie McCormick Martin, Mabel Wilkes Simpson, Nadine Burnette Nixon, Marion Driskard Martin, Jean Okers Hesson, Catherine McCormick Burks, Vernelle Almond Reynolds. (Second row, left to right): Roberta Robertson Coleman, Madeline Mayberry Wright, Mary Alice Paulette Staples, Helen Faye Torrence Coleman, Iola Burge Geiger, June Johnson Gilliam, Charlene Martin Moore, Emma Johnson Clapp, Alice Robertson Smith, Alta Thompson Evans, Audrey Williamson Phelps. (Third row, left to right): Ellen Martin Martin, Martha Harvey Conner. (Fourth row - left to right): Joe Megginson, Hunt Hamilton, Hurley Trent, Robert A. Sears, Thomas Jennings, Julian Hesson, Hiram O'Brien, Bill Moses, class president. Present but not pictured were Catherine Doss Peaco, Frances McCormick Gill, Helen Martin Bussey and Russell Moore.

Buckingham to offer rabies shots

A rabies vaccination clinic for dogs has been scheduled for the convenience of Buckingham County citizens on Saturday, December 12, 1981 from 9:00 a.m. to 11:00 a.m. at the Buckingham County Courthouse. Dr. Burger of Appomattox will be the attending veterinarian.

Persons using the clinic are requested to enter the east entrance of the Courthouse drive and remain in their vehicles. Dogs will be vaccinated at the vehicle. Please have available the dog's color, breed, sex and age as well as the name, address, and county of the owner. Vaccination fee is $3.00 per dog. Only healthy dogs will be vaccinated.

Citizens are reminded that current rabies vaccination certificates are necessary when purchasing County dog licenses. Dog licenses must be purchased by February 1 of each year at the Buckingham County Treasurer's office. Licenses cost $3.00 each.

Additional vaccination clinics are planned for the Courthouse on Wednesday, January 13, 1982 from 1:00 p.m. to 2:00 p.m. and Saturday, February 20, 1982 from 9:00 a.m. to 11:00 a.m., with a makeup day on Wednesday, March 24, 1982 from 1:00 p.m. to 2:00 p.m. if the December, January, or February clinics are canceled due to snow.

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B. 6½" Plate with stand	FREE.	FREE.	4.95	6.95	6.95
C. Covered Box	FREE.	3.95	5.95	7.95	7.95
D. Temple Jar	4.95	6.95	8.95	10.95	10.95
E. Tea Cups Set of 4	5.95	7.95	9.95	11.95	11.95
F. 10½" Plate with stand	6.95	8.95	10.95	12.95	12.95
G. Flower Pot	7.95	9.95	11.95	13.95	13.95
H. Lotus Bowl	8.95	10.95	12.95	14.95	14.95
I. Teapot	8.95	10.95	12.95	14.95	14.95
J. Vase	9.95	11.95	13.95	15.95	15.95
K. Mugs - Set of 4	12.95	14.95	16.95	18.95	18.95
L. 6½" Plates - Set of 4	14.95	16.95	18.95	20.95	20.95
M. 16" Platter with stand	23.95	25.95	27.95	29.95	29.95

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1979 BUICK — Park Ave.

1972 EL CAMINO

1980 MONZA — Hatchback

1976 COUGAR XR7

1977 GRANADA

1980 BUICK — Diesel — Estate Wagon

1976 LeSABRE - Custom Coupe

1980 TURBO — Trans AM

BUICK
WOULDN'T YOU REALLY RATHER HAVE A BUICK?

Happiness is 4-H

By FRANK SWEET
Extension Agent

The 4-H Popcorn Sale should raise almost $2,500.00 for the development of Holiday Lake 4-H Center. Popcorn will be delivered to 4-H members in about two weeks. Thanks to everyone who supported the fund-raising effort.

* * *

4-H families will again be able to order Strawberry plants this year. Several varieties will be offered and orders will be given out in December. Last year 4-H families planted almost seven thousand strawberry plants.

* * *

The 4-H Pine Seedling program has been changed slightly this year. 4-H'ers may again order 25 or 50 loblolly pine seedlings as in past years. The deadline for orders has been moved up to December 11. Orders will be given out beginning this week. It is most important that parents sign the orders and that the young person turns the order in on time.

* * *

The members of the 4-H Achievers Club will be taking turns presenting their own club programs this year. Martha Haley will be doing the November program on egg grading. Martha has been involved in the 4-H egg grading team for the past two years. This is an excellent way for 4-H'ers to develop and to gain some leadership qualities.

Details will be coming out shortly on a new 4-H Dark Fired Tobacco recognition program. 4-H'ers will have the opportunity to win cash prizes for tobacco crops through this new program sponsored by the Virginia Dark Fired Tobacco Growers Association. Acreage grown by the 4-H'ers may vary from three-tenths of an acre to one acre.

* * *

There is a continued need for volunteers in the 4-H program. If you can and would like to help with 4-H programs and activities, give us a call at 352-8244 or stop by the Extension Office.

AMS News

Do you remember studying the parts of speech? Do you remember struggling over creative writing? Mrs. K. Whately, an 8th grade English teacher at AMS, has found a way to bring creative stories and parts of speech to life and use the glorious autumn season and Halloween as a background. The accompanying picture shows Mrs. Whately, Lucy Christian, Angel Goode, Angela Barks, Karen Trent, David Baldwin, Priscilla Bryant, and various student-made projects which helped spark interest in creative, spooky stories and way-out sentences from lists of adjectives, nouns, verbs, adverbs, prepositions, and, of course, interjections. The study of English can be fun as well as academically rewarding. Happy Halloween!

The Appomattox Middle School Art Classes, taught by Miss Beth Lawson participated in a pumpkin carving contest. The students worked in groups on carving, painting and decorating their pumpkins. Teachers volunteered to judge each class. Teachers judging were: Mrs. Weathery, Mrs. Campbell, Mr. Meadows, Mrs. Wilkerson and Mrs. Johnson. The winners in 1st period were Ray Lann, Hersey Riggs, and Melanie Phelps, 3rd period-Robin Prince and Yolanda Trent, 4th period - Robin Miller, Kelly Webber and Carol Pollard, 5th period-Dwayne Patterson and Robbie Watson-6th period-Cheryl Wooten and Angie Jaggers.

Group guidance at AMS

A program at Appomattox Middle School that many parents will be interested in knowing about is the Homebase Group Guidance Activity Program, which we call G-GAP. Every first and third Tuesday of the month is G-GAP day. This means that for twenty-five minutes, between first and second periods, all students return to their homebases and participate in a group discussion. The goal of the 7th grade G-GAP this year is to help students understand how to resolve conflicts in acceptable ways and how to make and keep friends. The 8th grade is discussing school and personal relationships.

The counselor worked with homebase teachers and students last year to come up with suggested topics for discussion. During the summer the counselor wrote objectives and discussion suggestions for the homebase teachers to use this year in G-GAP.

Staff and students at AMS will be happy for any parent to visit them during the G-GAP sessions. The time is 9:50-10:15, each first and third Tuesday.

This year we are emphasizing in all of our G-GAP sessions that politeness is important. We are also encouraging the students to treat other people as they would like to be treated. We invite you parents to join forces with us in emphasizing these same principles at home this year.

The counselor at the Middle School, Mrs. Bolling Carter, coordinates the group guidance activities and invites parents to contact her whenever they feel parents and counselor can work together for the benefit of the child.

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